## AMENDMENTS TO THE CLAIMS

## Claims 1-6 (Canceled)

Claim 7 (New) A method of adsorption comprising passing a substance selected from the group consisting of methane and hydrogen through one or more openings provided in a wall part of a carbon-nanohorn aggregate forming a self-locking carbon adsorbent, wherein the substance passes through the one or more openings in one limited direction from the outside to the inside of the carbon nanohorn aggregate in isothermal or isobaric adsorption.

Claim 8 (New) The method of claim 7, wherein the substance is a gas in a supercritical state and at room temperature.

Claim 9 (New) The method of claim 8, wherein the substance is methane gas which is adsorbed in a quasi-liquid state on the inside of the carbon-nanohorn aggregate.

Claim 10 (New) The method of claim 9, wherein the carbon-nanohorn aggregate has a structure such that it has a methane gas adsorption ability V/Vs, wherein V represents the volume of methane gas to be adsorbed and Vs represents the volume of the adsorbent, that is 150 or more at 303 K under a pressure of 3.5 MPa.

Claim 11 (New) The method of claim 7, wherein the substance is methane gas which is adsorbed in a quasi-liquid state on the inside of the carbon-nanohorn aggregate.

Claim 12 (New) The method of claim 11, wherein the carbon-nanohorn aggregate has a structure such that it has a methane gas adsorption ability V/Vs, wherein V represents the volume of methane gas to be adsorbed and Vs represents the volume of the adsorbent, that is 150 or more at 303 K under a pressure of 3.5 MPa.

Claim 13 (New) The method of claim 7, wherein the adsorption takes place at a pressure of 0 - 12 MPa.